

In the Claims:

Please substitute the following claim:

Claim 1. (Once Amended):

A2
A method of treating, reducing, or attenuating obesity in an individual comprising the administration of therapeutically effective amounts of calcium to an individual and inducing a metabolic change in said individual, wherein said metabolic change is weight loss.

Please add the following new claims:

Claim 26. (New):

A3
The method of claim 5, wherein said calcium is contained in salmon, beans, tofu, spinach, turnip greens, kale, broccoli, waffles, pancakes, pizza, milk, yogurt, cheeses, cottage cheese, ice cream, frozen yogurt, nutrient supplements, calcium fortified vitamin supplements, or liquids supplemented with calcium.

Claim 27. (New):

The method according to claim 5, wherein said calcium is contained in dairy products.

Claim 28. (New):

The method according to claim 5, wherein said calcium is contained in a dietary supplement.

Claim 29. (New):

The method according to claim 5, wherein said calcium is contained in foodstuffs supplemented with calcium.

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Claim 30. (New):

The method according to claim 5, wherein said calcium is contained in foods high in calcium.

Claim 31. (New):

The method according to claim 6, wherein said calcium is contained in salmon.

Claim 32. (New):

The method according to claim 6, wherein said calcium is contained in beans.

Claim 33. (New):

The method according to claim 6, wherein said calcium is contained in tofu.

Claim 34. (New):

The method according to claim 6, wherein said calcium is contained in spinach.

Claim 35. (New):

The method according to claim 6, wherein said calcium is contained in turnip greens.

Claim 36. (New):

The method according to claim 6, wherein said calcium is contained in kale.

Claim 37. (New):

The method according to claim 6, wherein said calcium is contained in broccoli.

Claim 38. (New):

The method according to claim 6, wherein said calcium is contained in waffles.

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Claim 39. (New):

The method according to claim 6, wherein said calcium is contained in pancakes.

Claim 40. (New):

The method according to claim 6, wherein said calcium is contained in pizza.

Claim 41. (New):

The method according to claim 6, wherein said calcium is contained in milk.

Claim 42. (New):

The method according to claim 6, wherein said calcium is contained in yogurt.

Claim 43. (New):

The method according to claim 6, wherein said calcium is contained in cheeses.

Claim 44. (New):

The method according to claim 6, wherein said calcium is contained in cottage cheese.

Claim 45. (New):

The method according to claim 6, wherein said calcium is contained in ice cream.

Claim 46. (New):

The method according to claim 6, wherein said calcium is contained in frozen yogurt.

Claim 47. (New):

The method according to claim 6, wherein said calcium is contained in nutrient supplements.

Claim 48. (New):

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The method according to claim 6, wherein said calcium is contained in calcium fortified vitamin supplements.

Claim 49. (New):

The method according to claim 6, wherein said calcium is contained in liquids supplemented with calcium.

Please cancel claims 2, 3, and 11-25.

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